



Emergency Preparedness

Made Simple

*From the thoughts and ideas of
the founder and the staff of
EmergencyFoodWarehouse.com*

By Matt Buglio

EMERGENCY PREPAREDNESS MADE SIMPLE

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Chapter One: Why Prepare?

Emergency preparedness is like insurance. We have car insurance, medical insurance, life insurance, and so on, but do you have insurance for when an emergency strikes and you run out of the many resources that we often take for granted? This is where emergency preparedness comes into play.

Many people in the U.S. have never even considered preparing and if they were asked about it, they would likely give a response similar to, “Why would I need to prepare? Won’t the government take care of me?” The truth is that the U.S. government will not take care of you if it is a big enough disaster. They might not have the resources to do so, or they may just not want to if things get bad enough.

If you’re one of the many people out there that think, “Oh, nothing that bad will ever happen.” Well, chances are that it very well could. Something may even happen sooner than later, and it’s just one of those things that you can never tell when it’s going to happen. It just does and takes most people by surprise. But still, is it really worth spending your hard earned money on it, and putting that much time and effort into it? The answer is yes.

Most people have never had to live through anything too major. The occasional power outage where you have to sit there by candlelight, or the hurricane where everyone runs to the grocery store to get some few extra things may be the extent of what you have experienced. However, if your food, water, and electricity were cut off for any extended period of time, would you know what to do? Would you be prepared enough to be able to handle these situations?

Again, you may be thinking that nothing could really go so wrong that it would get to this point. There may not be any earthquakes or common widespread power outages in your area. There may not be a huge risk of any common problems in your area. However, there are many different things that could cause a turn for the worse, even if you think you’re perfectly safe.



First, and the most common of most people's worries, are natural disasters. There were 91 natural disasters in the U.S. alone last year. This accounts for tornadoes, hurricanes, floods, tsunamis, volcanoes, snowstorms, ice storms, and everything else that happens with nature that can and will cause damage. In October of 2011 there was a snowstorm in the Northeast that took everyone by surprise and even knocked out some people's power for over a week.

It was only about two inches of snow, but it was October, when the leaves were still on the trees and power lines were knocked down. Their power was out for about ten days and many of these people went to stay with family or friends, so it wasn't terrible.

Imagine if everyone's power went out and there was no place to go. Imagine it couldn't be fixed for two weeks or even longer. Imagine how quickly the food stores would sell out of their food and water if everyone in the area needed it. Natural disasters are definitely a real threat no matter where you live.

Second, there are also manmade disasters. In this day and age, terrorism is definitely a real threat and it is something that could turn out to be very dangerous. Nuclear weapons and facilities also show potential for being extremely dangerous and a threat to life as we know it. Even just the risk of nuclear reactor meltdown is real, it's happened before. Why can't it again?

Grid down situations can happen, where there is no power in entire regions. This happened in California and people were looting. It can get very crazy, very fast. Many disasters will cause a disruption to the supply chain of things like food and water. A grocery store only has about three days worth of food and can sell out in about three hours.

Riots and social unrest can cause major disruptions, as we saw a little with Occupy Wall Street, but things could easily get much more out of hand. If things go downhill, people will start to disobey the law much more frequently if it's a life or death situation. Many people would do things much differently to protect themselves and their families' lives. That is definitely one thing that could be interesting if it really starts looking bad.

Also, one of the major concerns right now is the economy. The global financial system is on the verge of collapse and if that did happen it would have some serious consequences. Many European unions are ready to default, Greece just did. The U.S. government is 15 TRILLION dollars in debt, and they are still borrowing more to pay off this debt. This number rises everyday too. At some point this will no longer be sustainable and the U.S. economy may collapse very soon.



To the people who don't believe that anything will happen to them, take a look at the risks. I'll agree, maybe the risk of one thing happening isn't too great, but with all of the risks combined, natural, manmade, and economic, the risk increases greatly. Disasters, emergencies, and catastrophes are not to be taken lightly. These should all be a major concern to you and you should begin preparing for them immediately.

How do you prepare? How do you start preparing? This is all so overwhelming. These are some thoughts that might be going through your head if you haven't started preparing yet, or if you have, but you're not completely sure what you should do next.



There are some basics that everyone should have and then there are some things that are much more extreme that some people may not want to get into. In this book, we will be going over all of the basics and touching a little on some of the extremes. Don't worry, we will be making it very simple and manageable for you to get started and to figure out the best way for you to begin taking action.

Before we really begin with the main topics I would like to give a general overview of each of them and then go more in depth later in this book. For now I will just briefly go over them one by one so you can get an idea of what to expect.

First, we will be talking about emergency food and food storage. We will go over

the few different styles of food storage and some of the different brands that we would recommend. We'll explain some advantages and disadvantages of them, and we will help you to decide what's best for you and how much you should store for your family.

Next on the list is water storage. Why you should store large amounts of water at your home, how to store the water, the different types of water storage, and how much water you should store. We will also be talking about rotating your water and other tips that could really be useful.

Then comes water filtration and the benefits of using water filters. It's kind of obvious why water filters are a good thing, but we will be going into detail about the different kinds of filters. There are many different kinds and we will go over what we believe is the best approach. Also, there will be some tips on collecting water for filtration.

One thing that people should have in their home is a good, well planned out survival kit. This is the single most important thing to have if you need to evacuate your house, or bug out. We'll go over the importance of survival kits and bug out bags and also talk about some pre-prepared kits that are excellent options as well. We will show everything that you need in your bag and some other items that you should have prepared and ready to grab and go.

Food, water, and a survival kit are the basics and the necessities for emergency preparedness, but there are many more topics and they're beginning to get a little more in depth. Next up is growing your own food and becoming self-reliant. Being self-reliant is necessary if there is a long-term emergency. You will have to provide for yourself and not rely on anyone else.

Even if you don't believe in guns or violence, having some weapons is something you should consider if you're serious about being prepared. We'll cover different types of guns and what you should have for different scenarios. We'll also be talking about some basic tools to have and the ever-important survival knife.

A community is something worth building if you want to go even further than the common prepper. If you know other people who are local and share the same beliefs, then these are people to build relationships with and get to know. In this section we will also cover long-term survival, establishing plans, and for the diehard prepper, shelters and bug out locations.

Last but not least, we will talk about how you need knowledge and training if you want to be prepared. If you want to be able to survive anything that comes your way, you better know how to use all of your preps and have some training and practice with some of the more difficult concepts and skills. We will also show you exactly how to get started and give you a plan to build your physical stockpile of preps that you may one day need

to survive!

Chapter Two: Emergency Food & Food Storage

So what really happens when the supply chain is cut off and every unprepared citizen flocks to the grocery store just to feed their family? There is nothing left in stock, the grocery store has been empty for a few days now and people are starving with no way to get food. Hopefully at this point you're sitting inside of your home comfortably, eating some of the food that you have stored in case something like this was to happen.

There are clear benefits of storing food for an emergency. Being unable to obtain food in times of crisis is a real risk and something that needs to be prepared for. But where do you start? What's the best way to go about storing food? How should you do this without spending a ton of money?

Clearly emergency preparedness isn't going to be completely free. You will always have to spend some money, but don't feel like you need to go out and buy everything possible. Just take it slow at first and at least have food and water stored for two weeks. Try to keep building up your stock gradually. Just make sure you have enough for everyone in your family for two weeks at the minimum. This is what is recommended by FEMA and should get you through most average natural disasters with no problem.

However, if you're more worried about things like manmade and economic disasters, you might want to prepare for a little longer term. Again, this can all come gradually, but try to figure out your end goal before you get started.

There are a few different ways to store food. The main three consist of canned food, freeze dried food, and the old fashioned way of storing ingredients like wheat and flour to make food from scratch. I wouldn't recommend storing ingredients unless that's something you already know how to do and you are good at. You have to be a good cook as well for this style of food storage.

Canned food seems to be the most popular choice for many people, but it is seeming to become a little bit outdated. With canned food, the food usually has a shelf life of about a year or so for normal foods that you can get at the grocery store. Things like canned vegetables and other foods that are likely already in your house are pretty good to start stocking up on.



With this approach, the best practice seems to be rotating the cans and actually eating the food regularly. Of course you'll be replacing old food with the new, as to never deplete your food storage and to keep the expiration dates going. Eat the oldest food and put newly bought or canned food in the back of the line so it will always last as long as possible.

Some people might prefer this approach and it might just be how they keep their food. There are some canned foods that are preserved better to have longer shelf lives and even shelving systems that will rotate the cans for you. When you take out a can the rest will roll down and you can put new ones at the top. There are definitely ways that this approach has been made easier, but it still seems like a little too much work to always need to be worrying about expiration dates and rotating.

My favorite style of storing food, and how my family and I do it is with freeze dried food. Freeze dried food typically comes in small packets that come in larger cases or buckets. Some freeze dried food also comes in large cans. This can be difficult though because once you open it you need to eat it or it will go bad. Some of the other freeze dried food comes in individually wrapped servings that can each last for up to 25 years. This means you can take out one serving at a time and then put the rest back for as long as you need to.

[Wise Food](#) is an excellent example of a great company who makes freeze dried food. This, as well as a few other brands of food, are what I have in my own home and the only food storage that my family has as of now. It may be a little more expensive at first, but it will last for many years to come and you can simply store it away and hope that you never need it.

Wise Food comes individually wrapped in little pouches with two servings each. To make it, you just boil water in a pot, pour in the contents of the package, stir it, and just wait about 10-15 minutes depending on which flavor you're making. You might expect freeze dried food to taste pretty bad, but Wise does an excellent job with their food. It is definitely something that I wouldn't mind eating. I have even eaten it on

multiple occasions at home for normal meals and I can definitely recommend it.



Wise Food comes in buckets with the individually wrapped two serving pouches inside. They offer different sized packages that can easily accommodate any of your food storage needs. The package sizes range from between 56 servings of food all the way up to 4320 servings. If you only want a few weeks worth of food you can get it, or if you want a year or more of freeze dried food you can do that too.

The buckets all stack perfectly and fit together, which makes them ideal for storage. You can easily stack them in a closet, basement, garage, or anywhere else you would want to keep them. They don't take up too much room and they are easy to move. The best parts really are that you don't have to worry about expiration dates and they really do taste great.

Wise also makes freeze dried meats, fruits, vegetables, and breakfasts, along with their entrees. These other foods all have the same bucket design and varying package sizes, but they last 5-10 years less than the standard entrees. These are mainly designed as an add-on to their main line of food. This gives you full meals and the proper nutrition that you need to stay healthy and perform at your best when you might need it in a survival scenario.

So you can ultimately decide which route you want to go when it comes to storing food. Again, anything is better than nothing. Even if you're debating whether or not to go buy some freeze dried food, at least go to the grocery store and start to stock up on some standard foods and supplies.

Now the real question is how much food should you buy for your family? Well if you're going to go with canned food you should have at least two weeks worth. If you want to go with freeze dried food, a great place to start is with the [Wise Food 7 Day Ultimate Emergency Meal Kit](#). This kit contains full meals for one person for one week inside of a bucket. This is a great item to have for each person in your family so that they are all ready for a short-term emergency. This is an excellent start.

If you want to go with longer term freeze dried food, just look at the different sizes from Wise. Some very popular sizes are the [720 serving package](#) and the [1080 serving package](#). You should figure out how many people you will need to feed, figure out how long you want to stock up for, and see how many servings you will need roughly. If you don't want to make a huge purchase at first, just buy a smaller package and you can always add on later.

Just be sure to stick with whatever it is that you want to do. Make sure you take action and actually get some food together. Even if its not a years worth of food, it's still a start and don't forget about it! Some food is better than no food, hands down.

[Check out more Emergency Food here!](#)

Click here for [Emergency Food Videos!](#)

Chapter Three: Water Storage

What's more important than storing food for an emergency? Many people make the mistake of having tons of food, but not nearly enough water. Water is the single most important thing that people need to survive. You can live for about three weeks with no food, but only about three days with no water.

Water is something that people always take for granted. People rely on their sinks and faucets to always have good, clean water coming out of them. This usually is the case and clean water usually is there. However, if a natural disaster strikes, your water is one of the first things that can go. With earthquakes and hurricanes, water can quickly become contaminated. If you have a frozen pipe, you may have to turn off your water for some time. If the cities water source becomes polluted, or if a water main breaks, you could also be stranded without water.

You just think that you'll go to the supermarket and buy a case of water? Picture how many other people would be doing the same. Try to think of how many people you know who actually have real water storage. By real I mean more than two cases of water bottles. Not too many people have water storage containers and tanks in their homes. If there is ever any shortage of water, you'll definitely be thankful that you have the spare water.

Back to going to the supermarket in times of need and how that just won't work out... Remember on black Friday how people at Wal-Mart were getting into fights and pepper spraying others, just to get to a new TV or toys for their kids? Imagine just how it would be if they were fighting for water instead. This goes for everything, not just water. If it's a life or death situation, people will take drastic measures in order to survive. It wouldn't be surprising to see some fights over bottles of water or some food.

As shocking as this may sound, it's the truth. You know that you would try your hardest to provide for your family if it came to it. You can't stop events from happening that will cause people to act like this, but you can avoid having to act like this yourself. This is just another reason to prepare. If you have food and water stored at your home, you will never have to fight through the crowds to get it. Just don't let anyone know you have it.

Storing water is not quite as simple as storing food. You can't simply buy it and put it in the closet for years. After a certain point water goes bad and it will need to be rotated. Bacteria can grow in it and make it harmful for you. This begins to happen after about six months if the water is untreated. The water's life can be extended a little if you add water preserver to your stored water. The time that the preserved water will last may vary depending on what kind of preserver you use, but certain brands will make the water last up to five years. That's a whole lot better than the original six months.

If you don't preserve your water you will have to empty out your storage and refill your containers every six months. This would be a pain, the preserver is highly recommended and can be found easily on amazon.

So what is the best way to actually store your water? We've established that the water preserver is probably a smart idea, but where should you keep the water? There are many different styles of water tanks that you can use. The easiest ways are water storage tanks and containers inside of your house, but there are also outside tanks, both above and below ground. The outside tanks may be a bit of overkill depending on what you are preparing for, but the inside ones are a great solution for everyone.

Most indoor water storage tanks are designed to fit throughout your house and through standard doorways. Some of the larger tanks, however, may need to be kept in a garage. These large tanks give you the most water for your money but may not be the most convenient depending on your home. If you do decide to go with a large water tank, the [SureWater 525 Gallon Tank](#) is a great choice.



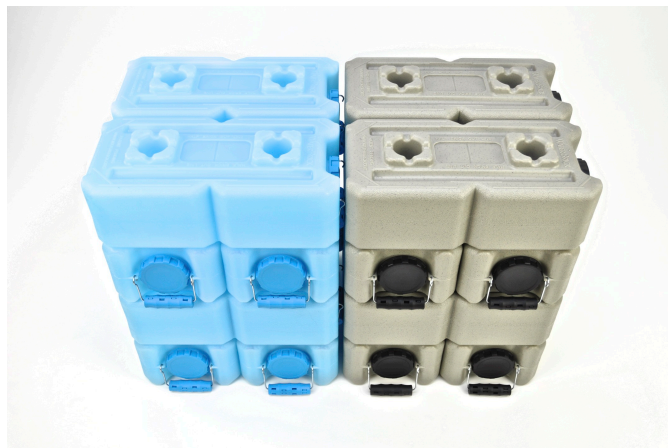
Medium sized tanks can fit throughout your home so it shouldn't be a problem

finding space for them. These tanks still hold a lot of water too. These medium and large sized tanks are perfect for families and will give you that peace of mind, knowing that you have a large amount of water stored. A good example of a mid-sized tank is the [SureWater 260 Gallon Tank](#).

Smaller tanks are also a great option if your not preparing for long-term emergencies or just for one or two people. A very popular choice is the 55-gallon drum. I would personally advise against these because they take up a lot of room and frankly don't hold enough water. It has been said that people only need a gallon of water per day, but realistically it would be more than that if you're using it to bathe and wash things. 55 gallons might last one person about a month.

Personally, I would recommend the 260 or 525-gallon tanks because they hold a ton of water that is ready to use whenever you need it. They are big, but don't take up too much room in your home. With all of these tanks there is no real installation either, just place it on a piece of wood on a flat surface and you're all set. With the tank in place, you will always have water at your home in an emergency.

Grab and go water storage is also something you should account for. If you need to leave your house and you're going somewhere that might not have water, you should probably bring some with you. I'm sure there are a million different ways that you could do this, but you need them already prepared and ready to go long before any emergency happens.



The best grab and go water container that I have seen is the [WaterBrick](#). It is a 3.5-gallon square container with a handle at one end. It can interlock with other WaterBricks so you can stack and store them very easily. It is also extremely easy to carry and the perfect size. The WaterBrick is also great for storing food ingredients, like rice, beans, flour, wheat, etc. It's really just a great addition to your water storage and extremely convenient if you have to move any water. You can also get a [spigot](#) for them to make pouring the water even easier.

Another type of less commonly used water storage is [canned water](#). This is not very common for people to store at home, but is often used by organizations, companies, churches, and hospitals for storing individually packaged water. This isn't as popular at home because the cost usually outweighs the amount of water that you get. Although it is expensive, canned water is definitely something to consider since it lasts forever. World Grocer Canned Water is an option, but again, it's rather pricey compared to other water storage methods.

Just like with the food, determining how much water you want to store is easy. Just see how many people will be drinking it, how long do you want to store for, and at a little more than a gallon per day, see how much you will need. Remember, it is always better to have too much water stored than too little. Water is extremely important to your survival.

Having water stored is important but it won't last you forever. At some point in an emergency you may need to replenish your supply. But how would you do that safely?

Click here for [Emergency Water Videos](#)!

Chapter Four: Water Filtration & Water Collection

So you have all of your water storage in your house and you're using it because your water supply has been cut off. Everything is going fine until one day you realize that you're running low on water. What do you do next?

The obvious answer would be to get more water. The problem here is getting clean, safe water that is okay to drink. Drinking from captured rainwater, streams, rivers, etc. might be okay once in a while, but it is not something that you would want to do everyday as your only source of water. Before long you would most likely become sick due to the bacteria and viruses in some of these water sources.

So how do you get more water? The answer is to filter water from various water sources and put it back into your storage. This is the easiest and safest way to replenish your stock of emergency water storage.

You can collect water from a source, run it through a filter and have it ready to drink or store. It's really that easy. There's no need to worry about getting sick because most modern filters will clean even the dirtiest water and make it perfectly safe.

So what is the best type of water filter? There are actually many different types. Some require electricity, some require a hand pump. I wouldn't recommend either of these two types of filters because in an emergency you may not have any electricity at all, and pumping the filter can become very tiresome and a waste of time. I would rather set my filter down and just wait for it to clean the water on it's own.

This is where these other two types of filters come into play. The one type is a gravity fed water filter. This means that the water just passes through the filter with the help of gravity and is collected. The other type of filter is a forward osmosis filter. In this type of filter, the water passes through a very fine membrane that holds back all of the contaminants. The way these filters work is a little bit scientific, but they are very easy to use in emergencies and always get the job done.

First, the gravity fed filter. These filters are one of the most common types and are becoming much more popular with preppers. Most gravity fed water filters have a top water storage chamber and a bottom water storage chamber, with a filter in between. You fill up the top chamber with the dirty water and gravity does the rest. The water passes downward, through the filter, and clean water begins to fill the lower chamber.

This is really the simplest approach that you can take when it comes to filtering water. It is very convenient how you can just fill it up and wait for it to filter. You can also trust that nothing will break and it will last for the whole life of the filter elements. The filters do wear out eventually and become ineffective. At this time they will have to be replaced, but it takes a while for this to happen, depending on what brand filter you buy.



One very popular gravity fed filter is the [Berkey Water Filter](#). The Berkey filters have a top and bottom chamber, with a number of filter elements in the top chamber. The different models range in size, how much water it can hold, the number of filter elements it can hold, and the filtration speed. I would always go with a bigger model because they are not terribly more expensive and do hold a lot more water. The bigger ones also give you the option to upgrade and have more filters if you want to filter faster. The biggest Berkey filter, the Crown Berkey, can hold up to eight filters and the filters can be bought separately.

Berkey filters are very appealing visually and are something that would look nice and normal in your home. They are made of stainless steel and would fit nicely in most

kitchens. This is something that you could use every day to clean your drinking water, while you would have an excellent water filter for an emergency. However, if you are doing something like this it would be wise to stock up on the filter elements, seeing as they do wear out over time. If you're using your filter every day, this is something you would want to be aware of.

Another excellent gravity fed filter is the [AquaPail](#). The AquaPail is a device that completely kills any virus or bacteria that passes through it, most normal filters just capture them. This is very important because it allows you to use the AquaPail a few times and then put it back on the shelf, in storage, for as long as you need to. If you tried to do this with a normal filter, the captured viruses and bacteria would grow inside of the filters and completely defeat the purpose of it. You would just be running water through unsanitary filters, but this is never a problem with the AquaPail.

The AquaPail comes in different size buckets depending on what size you get. The smallest can filter enough water for one person for a year, and the bigger ones can do much, much more. The biggest AquaPail can filter 5,000 gallons of water in its lifetime. For this amount of water filtration, these filters are one of the most cost effective ways to clean your water. With it's 100% kill rate, it is also one of the most reliable filters.



You simply pour the water through the holes in the lid, the water passes through the filter rather quickly, and it empties through a hole in the bottom of the bucket. The bucket has a nice handle on it, which would make it very easy to carry the AquaPail over to a stream, dunk it in, let it fill with water, and drain out the clean water.

The other type of filter that I would recommend is a forward osmosis filter. This type of filter uses dissolved sugar to attract water through a porous membrane. The membrane catches all of the contaminants in the water and only the clean water passes through. This process requires nothing other than water touching the filter.

The number one brand for forward osmosis water filters is [HTI Water](#), also known as Hydration Technology Innovations. HTI's goal was to make convenient water filters for use in the military, and they succeeded. HTI water filters are used all over the world in relief organizations and by the general public for preparedness. HTI filters are great. They are designed to work with any water source and come in a few different styles, but

all work the same way.

First, there is the [HydroPack](#). This unique water filter is kind of like a juice pouch. Before use, it just looks like a flat piece of plastic, but when you place it in water, it will absorb the water through its membrane and clean it. It also makes the water into a sports drink and there are two different flavors as of now, fruit punch and lime. Just poke the provided straw into the designated straw hole and drink. It's really that simple and makes for a great grab and go water filter. However, it takes about ten hours to fill so it's not ideal if you're really on the move.

The next models are better if you need to keep going. These models are the [LifePack](#) and the [X-Pack](#). With both of these, you just fill half of the pouch with dirty water and squeeze the provided syrup packet into the other side and the water will begin to move over to the side with the syrup, which makes the sports drink. The X-Pack is bigger than the LifePack and can be used more times. It also comes with ten syrup bottles, as opposed to the LifePack's six. Both of these are great grab and go water filters for when you're on the move.

HTI also offers 20 HydroPacks and a LifePack in a package for a very affordable price. This Package is called the [Home Emergency Water Filter Kit](#) and I would highly suggest it if you want to go this route with your water filters.

So now that you know more about some of the different types and brands of water filters, we can talk about some best practices for collecting dirty water and using your filters. It's obvious that you can get water from streams, lakes, rivers, and even puddles and trashcans outside of your house, but what is the best way to get this water through your filter?

It would be easiest if you could collect the dirty water in containers and bring it back to your filter. A great way to do this is with the WaterBrick that we talked about in the water storage chapter. You could bring two WaterBricks down to the river, or whatever water source, and fill them up and just bring it back to the filter and to your water storage tank. You could either use the filtered water immediately and clean more as you go, or just fill up your tanks so you'll have clean water as soon as you need it. You can do this with any of the gravity fed filters easily.

Another great source of water is a swimming pool. These have many gallons of water, but you will definitely need an adequate filter to handle all of the chemicals. There are also things that you might not think of for collecting water.

Say you want to collect a bunch of rainwater. Putting out a few buckets and waiting for the rain to fill them up is very inefficient. It would just take so long and you'd end up with a little amount of water. A better way to go about collecting rainwater would be to put the container or bucket under your house's gutter. This way, all of the rain that

lands on the roof is funneled into one spot and you are able to collect more of it. Any method with a large surface area for collecting the water will work best because you will simply get more water.

You should never waste your precious clean water in an emergency. Clean water should ONLY be used for certain things like drinking, cooking, brushing your teeth, washing your hands and face, and washing your cookware. You need to try your hardest to save it for as long as possible during an emergency. It could mean life or death.

Being prepared at home is great and completely necessary, but what if you have to leave and you can only bring what you can carry? Would you know what to bring?

Click here for [Emergency Water Videos!](#)

Chapter Five: Survival Kits & Bug Out Bags

You've been preparing for an emergency for some time now. You have enough food and water to last you six months and the nicest water filters and great storage. But what happens when an emergency strikes that forces you to leave your house? What happens when you can't bring all of your preps with you? Yeah, you could get together as much as possible and try to bring it, or you could be prepared for this as well and already have it planned out.

A well planned emergency survival kit, or a bug out bag (BOB), make this whole situation a lot easier to deal with. If you have a BOB ready to go at all times you will be ready whenever that one emergency strikes. It is a lot better than trying to run around your house searching for a bag and useful items that will fit in it. This is definitely something that takes careful planning and a good amount of thought before anything comes close to happening.

A survival kit needs to be something that just one person can carry without too much difficulty. Survival kits can be specialized for various different disasters that often happen in your area, or they can just consist of all of the basics that you would need if you were to leave your house and never come back. Do you have everything together to leave your house immediately?

What do you even plan for when packing your bag? Basically everything and anything. Pack similarly as you would if you were going on a camping trip to the desolate wilderness. You will need all of the basics to survive outdoors, and this is a ton of things and a very broad topic, but we will try to make it simple and condense it into a bag that you can carry on your back.

One excellent start to getting together a survival kit is to just buy a pre-made kit. These usually include many useful items that could often save your life. These may

include things like food and water, shelter, some basic tools, etc. However, in no way are these pre-made kits ever all-inclusive. They lack a few major items that are very important and we will discuss exactly what to have in your bag later in this chapter.

Wise Food makes excellent [pre-made survival kits](#), which include many of the necessities. Again, these kits are nowhere near everything that you will ever need, but they definitely are a great start and you can easily add to them.



Wise makes two different survival kits. One is the [Essential Survival Kit](#) and the other is the [Deluxe Survival Kit](#). Both of these kits are designed to aid the survival of one person for up to two weeks, but the Deluxe Kit has many more useful items.

Each of these kits includes some of the Wise freeze dried food. This is great to already have packed in your kit so you don't even have to worry about how to store food in it. The Essential Kit has many items that you will find very useful if you bug out and it comes in a nice hiking style backpack so you can carry it easily. The Deluxe Kit, on the other hand, includes many more items and it comes in a larger duffel bag with an extendable handle and wheels, so you can pull it behind you. One of these bags can get pretty heavy and this would be nice if you're traveling far distances.

I would prefer the Deluxe Kit and recommend it over the Essential because of the added supplies, the bag design, and how it is only about seventy dollars more. They are both great kits and a great start, but the Deluxe is just a better deal.

Some of the items included in this Deluxe Survival Kit are things like food and water, a Swiss army knife, various tools, different types of shelter, many first-aid and hygiene supplies, silverware, playing cards, light sources, and many others. It really is a pretty long list and is definitely something to consider checking out.

So this is a pretty good start and has most of what you really need. What if you want to build a BOB from scratch? What else should you be adding to your pre-made kit? Here we'll be going over everything that you should include in your bag. Be sure to check to see if you have everything in your new bag or your pre-made kit. Missing a few little things could mean life or death in certain situations.

First on the list is water. Water is obviously important for your survival and if you're going to be on the move, possibly hiking and doing physical activities, you will want a lot. Water is also one of the more heavy items you should bring so this presents a problem. What is the best way to carry it?

You should be sure to carry at least three liters of water with you at all times. This should be able to get you through about three days safely. I know we previously stated that you should have a gallon of water per day, but to save some weight for travel, we may need to cut down.

Most standard water bottles should work just fine for this, but if you can find some type of container that won't take up much space, but will still hold a good amount of water, go with that. There are collapsible water bottles out there that would work exceptionally well.

You should always include some type of water filter in your survival kit as well. You will likely run through your little bit of water very quickly and need to replenish it. There are many options for this. Some companies actually make water bottles with filters inside of them or in a straw. These are convenient because they can also store some extra water. Another option is a small hand pump water filter. This wouldn't take up much room in the bag but it also might be a pain depending on what you get.

My personal favorite water filters to have in your bag would be some from HTI. Everything in the [HTI Home Emergency Kit](#) is very compact and works great on the go. If you're out walking around and come across a pond, just fill up the life pack and keep going. That will give you a good amount of water. If you're camping out for a night put a couple of HydroPacks in a water source overnight and they'll be ready in the morning. It is a great system and barely takes up any room.



Next on the list is food. Food is not as important as water for short-term survival, but without it your thinking will become unclear and you will become weak. It is definitely a major variable. There are some great food options depending on how long you want your kit to last.

If you're only planning for three days then the [Wise 72 Hour Emergency Food Kit](#)

is your best bet. This will provide for one person for three days and the meals come in the Wise Outdoor Food packaging. With this, you can cook your food right in the pouch and reseal it if you need to. With this approach you will also need some type of camping stove or ability to make fire.

If you're planning for a week, then the [Wise 7 Day Ultimate Emergency Meal Kit](#) is best for you. This kit also comes in the Outdoor Food packaging and will feed one person for a week. This is a little bit much to have in one bag, but it is definitely an option. This also requires boiling water to cook the food.

Energy bars and protein bars are also very easy to carry in your bag. They require nothing to prepare and they give you needed nutrition and energy to perform daily tasks. These bars take up very little room and can be lifesavers.

Three days or a week will come rather quickly though. You should have some plan to fall back on to acquire more food. A great way to do this is having the skills required to hunt and cook your own meals. This is something worth learning, as well as harvesting. Being proficient in these techniques would make surviving outdoors much easier.

You will want to pack a few clothes, pack similarly to a weekend hiking trip. You should have high quality boots or hiking shoes. Your feet are very important and you will be on them much of the day, treat them well. Pack long pants, preferably cargo pants with many pockets. Who knows what you will need them for, but they will definitely prove to be useful. Bring two pairs of socks, since socks seem to end up getting wet a lot and it's always nice to have fresh socks. Wool socks are especially nice in the colder seasons, maybe bring one pair of wool socks and one normal pair.

Packing two shirts and a warm, waterproof jacket is a good idea. Bring one short sleeve shirt and one long sleeve so you can layer them, and the jacket will be nice in harsh or cold weather. It will also add an extra layer.

Gloves are a great idea. Protecting your hands is smart, especially since you will be doing some outdoor work. Bringing a pair of work gloves and a pair of warm gloves would be smart. It is very difficult to operate with your hands when they are frozen. Another thing that would keep you warm is long underwear. It is always better to have too many layers than not enough. If it's hot, you can always take them off.

A hat might be nice if it is hot and sunny. This would help to keep the sun out of your eyes and some of the heat off of you. Lastly, bring a bandana; these can be used for many different things. You can tie things with them, cover your face, blow your nose, and many different things that you will see when it happens. It's just nice to have it handy.

Having the proper clothes is important, but shelter is what will keep you alive in

harsh weather. You need to sleep. Without it, you can't think or act as well and if you'll be outside for a couple of days you will need somewhere to rest.

Have a small tent or tarp in your bag that you can easily set up to block out some of the elements. The shelter will be useless if it's not covering you properly so you will also need a way to set it up. Keep some rope, para-cord, or even heavy fishing line with you to help string things up. Make sure you have tried to set up your tent before so you know how it works.

A good sleeping bag is also something that can save your life. The temperature drops at night, this will keep you warm and also protect you from nature as well. If you can't fit a full size sleeping bag, at least have a thin aluminum sleeping bag or blanket to retain body heat, they work surprisingly well.

If you're injured or sick, being able to fix it and keep moving is also important. Make sure you have a good stock of first aid supplies, but not too much. You don't need everything to fix any problem, but some basic things to fix minor injuries and some over the counter drugs would be fine. Most pre-made first-aid kits would even be perfect to throw in your bag.

Weapons and tools are also nice to have in your bag. A handgun would be great to have for self-protection and for hunting if you needed to do that. And who knows what's going to happen if things do get really bad? Many people will likely disregard the laws, and you should have some form of protection.

Pack some ammo as well, because a gun is no good if you can't shoot anything out of it. Also non-lethal weapons are great to deter attackers long enough for you to escape. Things like pepper spray and a taser would make lovely additions to your BOB.

One thing that every survival kit needs is a [survival knife](#). There are infinite uses for this and it would make your life a whole lot easier in the wilderness, trust me. This is also something that you don't want to cheap out on. Find a strong blade that won't break and it can be sharpened.

Items like fire starters and light sources will also be useful. There are also collapsible shovels, like the one included in the Wise Deluxe Kit that would help out. This is not something completely necessary, but it wouldn't take up much room and could prove to be helpful.

It might seem like this is a lot of items, and it is. You will need to find the proper bag to carry all of this for possibly long distances. You need a bag that is large enough, comfortable, and is built well and is durable. [SOC Bags and Gear Packs](#) are my first choice when it comes to my bug out bag.

There are other items that you may also want to consider having prepared and ready to go. Things like important documents and electronics are wise to consider bringing.

You may want to go make a few copies of any important documents and leave them with your family so you can get them if they are ever lost. Also have these in your BOB in case you ever leave and don't come back. This includes identification, insurance information, any legal documents, any important contacts, medical records and information, family and pet information, and make sure you have multiple copies of everything!

Some electronics would be nice to have along with you. Have enough walkie-talkies for everyone in your family or group to communicate with and have a hand crank radio and flashlight. Often times the radio has a flashlight built in. Bring a good number of batteries as well, you never know what you may need them for.

If you have a camera, bring that too. Having firsthand pictures from someone who survived a disaster would be very interesting and if you could share them while the event is happening, that would be great too.

Bring a laptop and a cell phone. These may be completely useless if you can't get any service or an internet signal, but if you can, you could keep up to date on the latest news with what is happening and this could be incredibly helpful.

Lastly, make sure that you have everyone in your family or group accounted for. Everyone should have their own [BOB](#) and be ready to go. Make sure you have supplies for children or pets as well.

See the checklists at the end for a full list!

Click here for [Emergency Survival Kit Videos!](#)

Chapter Six: Growing Your Own Food & Becoming Self-Reliant

So here we are again, back to where you would be if you ran out of needed supplies in an emergency. Your stock of food and water will not last you forever and if you run out, you need to be able to figure out what to do. Even if your supplies will last a year, what if the shortages last longer?

When you run out of food you're just like the rest of the unprepared people out there. Yeah, you were prepared for the disaster or emergency, but you might not be prepared for the aftermath. If you have no way to replenish your supplies after you run out, you're as good as dead.

This is where self-reliance comes into play. It is necessary to begin preparing to not rely on anyone. Reliance is the main problem with people not being prepared today. If everyone could provide for themselves, then there would be much less risk if anything major ever did go wrong.

Think about it, if everyone could grow their own food and never had to go to the supermarket, then there wouldn't be the chance of a run on the food stores. If communities bartered and traded within, the communities themselves would become much more self-reliant. People would have to trust themselves and know that they can provide what they need. This way, there is no chance of a major unexpected problem.

The one main way to become self-reliant is to grow your own food. Have a backyard garden with many different types of food that you know how to grow and harvest well. This is something that you can do all of the time, not just in times of crisis, and it will grow your skills so you know how to do it if you ever find yourself in that situation.

Be sure to know what to do with your harvest as well. If you plant wheat, know how to make bread. There are many other skills that are needed to be completely self-reliant, but gardening and homesteading seem to be number one. In order to grow your own food you will need seeds.

Seeds are a very popular item for preppers to store. Seeds can definitely come in handy in a time of need. Like stated before, you need them to grow your own food, and without them, you can obviously not do so. Seeds are the one most important thing you will need in order to prepare to be self-reliant.

If you're going to buy seeds to store and to use, there are certain types that you should look out for. The main types of seeds are hybrid and non-hybrid seeds. You might have no clue about the difference between them, but one kind is good and the other is bad.

Hybrid seeds are the bad kind. With hybrid seeds, you plant them and the plants grow, that's it. On the other hand with non-hybrid seeds, when the plants grow, you can collect their seeds and reuse them again and again. This is clearly a deal breaker when it comes to an emergency scenario.

You will want the non-hybrid seeds, trust me. This is the key to being self-reliant. You plant the seeds, harvest the crops and their new seeds, and repeat the process. If this is done properly, you should be able to survive on your own land. Growing your own food can be done by individuals, families, or even whole communities working together. The more people you have contributing to this, the better.



Another thing you want to look for in seeds is whether or not they are GMO, or genetically modified. Genetically modified seeds have somehow been altered to perform better. These seeds also are not organic and do not produce crops with the optimum amounts of nutrition, but may be engineered to repel bugs and pests. Non-GMO seeds are completely organic and grow healthy, nutritious crops. This is just something else to watch when buying seeds, and non-GMO seeds are the better choice.

The best practice for storing seeds is to have a lot and use what you need, while keeping the rest. In order to do this, you will need seeds that are packaged for storage and have long shelf lives. Most common seeds found at garden stores have relatively short lives and are required to be planted right away, but certain seeds made for preparedness can live much longer.

A great option for seed storage is a company called [Heirloom Organics](http://HeirloomOrganics.com). Heirloom Organics' seeds are all non-hybrid, non-GMO, and all have about double the shelf life of most other seeds. They are everything that you need in your seeds and have many different varieties.



Heirloom Organics uses a special packaging process that prepares the seeds for long-term storage without adding any unwanted chemicals or preservatives. This process

is designed to give normal seeds twice their average shelf life by using advanced moisture management and double sealing of the individual seed packages. All of the seed packs come in resealable, moisture and waterproof, green buckets that also add to the protection and storage of the seeds.

Their seeds come in four different main packs and other [specialty packs](#). The four main packs vary in size from seeds for one acre up to five acres. The main packs all increase greatly in number of seeds, variety of seeds, and value of what you're paying for. Even if you don't have an acre of land, you can still plant as many seeds as you can and store the rest.

The most popular seed pack is the Family Pack. This seed pack can grow enough food for four people for an entire year and has 30 different types of seeds. The Heirloom Organics seed packs are great because they can be easily grown in your backyard in any climate and any soil.

The Family Pack is said to cover two acres, but this also depends on how you plant the seeds. Traditional rows, beds, and pots all take up different amounts of space. You could plant the pole beans in with corn so it would grow up the stalks to save some room. Germination rate of the seeds and whether or not you plant everything all at once also determines how much space it would take.

Heirloom Organics also offers specialty seed packs. With these special packs, different types of seeds are included that are not with the main packs. For example there is the Fruit Lover's Pack. There is no fruit included in the main packs, so there is this option to get it. Some other specialty packs include herbs, grains, beans, tea, sprouts, and even tobacco. There is a lot to choose from.

If you're only storing seeds for a family of two, or however many, it can't hurt to get extra seeds. If things ever happen to get bad enough and no one has food, your food and seeds could be worth a whole lot. What is money worth if there is no food to buy with it? Everyone could have millions of dollars but it might mean nothing if they're starving and all anyone wants is food. At a point like this, your seeds could be worth more than gold.

Bartering is a real possibility and seeds would be a very popular currency. Everyone needs food, so if they don't have it and you do, they would be willing to give you other valuable items that you may need.

You can get a ton of seeds for very reasonable prices. Seeds are definitely something worth stocking up on and are something that would be infinitely valuable to you during any food shortage and emergency.

Click here for [Non-Hybrid Seed Videos!](#)

Chapter Seven: Weapons & Tools

In any event where there is an emergency or disaster situation, crime usually follows. Too many times looting and riots have followed even the smallest emergencies. People become unruly and tend to disobey the law. This is projected to get much, much worse as the emergency escalates.

There are great risks and chances for you to be involved in a violent or aggressive situation, and without any way to defend yourself you become an easy target. If you are well prepared and able to fight back and fend off the attacker then you have a greater chance of survival.

Weapons are usually frowned upon in this day and age by society. Too many criminals and murderers use weapons for bad and have given them a bad name. Most people would be shocked if they found out that someone had a legal, concealed weapon on them even though it is perfectly safe.

Guns are blamed for many of the wrongdoings of criminals and killers throughout history, but without them, we have no way to protect ourselves from these people. If somebody is shooting at you, the only way to fight back is to shoot at them. This may seem a little extreme and I know that I am taking it far, but it's the reality. If things are going bad, weapons are an important asset in defending yourself.

As with other preparation, weapons and self-protection need to be taken into consideration. This doesn't mean that guns are the only way, there are also non-lethal weapons to aid in protecting yourself. Things like tasers, pepper spray, and other self-defense tools can be used. These definitely won't take over someone with a huge assault rifle, but if things start getting out of hand in a big crowd, you will have a way to control it.

Although non-lethal weapons will help you, having a gun is the ultimate answer to self-protection. For anyone out there who is opposed to guns and any type of violence, you may wish to open your mind and realize that in the right hands, a gun is just another tool and will be used for good. If the person operating the gun can't be trusted to use it, then they shouldn't. Like many other things, guns are just more tools on your preparedness list.

There are different types of guns that make sense for emergency preparedness. These different guns are all suited better for different situations and all have different uses. All are useful in survival scenarios and all should be accounted for. Remember, gun use is a skill and is something that needs to be practiced in order for it to be useful.

Without the proper knowledge, training, and practice guns can do more harm than good in an emergency.

So what types of guns might you need? Handguns, shotguns, rifles, and assault rifles are all of the major types of guns that can really aid in your protection. There will always be someone out there who has more firepower than you, but as long as you have something and some way to protect yourself, you will be better off.

First off is the handgun. Handguns are the smallest and the easiest guns to learn on. They can also be concealed legally and carried with you at all times. This gives you the opportunity to protect yourself whenever trouble arises. Handguns are not the most powerful of the guns but do excellently to defend yourself against anyone who doesn't have a gun. Again, something is better than nothing.

Next is the shotgun. Shotguns are very powerful guns that are excellent for home protection. The sound alone of you cocking a pump action shotgun will have any intruders running and if you ever need to actually use it, one shot will take care of anything that needs to be done. Shotguns work very well at close range combat and are a great choice for at your home.



Shotguns are also a good choice for hunting birds. There is different ammunition for shotguns that will spray the shot wider and make it easier to shoot flying birds. If you are using guns for hunting, then a hunting rifle would also make sense.

A larger caliber rifle with a scope would be a great choice if you think that you will be out hunting larger animals. Hunting is also a great way to acquire food in an emergency and be self-reliant. Hunting and gathering were techniques that people used to use throughout history and it clearly worked.

For ultimate protection, an assault rifle is a wise choice. Assault rifles are easy to maneuver and great for emergency situations if things start getting really crazy. Some people might consider these overkill, but many others would just say that it's being

prepared.

Many people enjoy shooting guns and it is a major hobby and sport in our country. It is an amazing skill to have if you ever happen to be in a position where you need to shoot. Being willing and able to shoot might just be a lifesaver. If you are serious about preparing, then you might want to take up a new hobby of guns and shooting.

So what guns should you own? To recap, handguns are great for personal protection at home or out in public, shotguns for your home, rifles for hunting mostly, and assault rifles for serious preppers or anyone who wants to have a great time at the shooting range.

But what's best for you? A great way to get started off is to go to a shooting range near you and rent a few different types of guns and see which ones you feel most comfortable using. You might want to even consider starting out by taking a class on gun safety and use. A very common choice to get started, however, is with a handgun.

I would personally recommend that you start with a handgun or a shotgun, or even both. This is the best way to protect yourself and your home from many things that may come your way.

You may also want to consider having an extra handgun exclusively for your bug out bag or survival kit. This is just something that would be nice to have with you if you ever need to leave in a hurry. When you pack a gun you can't forget to pack ammo either.

That brings us to our next topic, storing ammo. If you are going to have guns and rely on them in case of an emergency, then just like food and water, you need ammo storage. A gun is useless if you don't have anything to shoot out of it and it is very smart to start stocking up as soon as you get your first gun. Also, be sure that you have bullets for every caliber and gun that you have. There are different sizes, so watch that you don't get the wrong one.

Apart from all of the weapons are tools. There are limitless numbers of tools in the world and so many useful ones, but what do you really need to be prepared? The basic things like hammers and shovels are all useful in survival situations, but the most important tool that you can have is a survival knife.

With a survival knife you can do countless tasks, and many common things will be much easier with a good knife. You can use them for hunting if you need to skin an animal or set a trap. You can use them for woodcutting. If your knife is large enough, you will have more force and be able to cut through branches with ease. Slicing ropes and other things are made easy if you have a knife on you. This makes setting up shelters and cutting bandages, among other things, much simpler. You can make tools and even clear out plants with a survival knife. There are many other things that you can do with a

survival knife and if you ever go on a camping or hiking trip, bring one. You will see how much easier everything is.

A great survival knife that we recommend is The [Ultimate Survival Knife](#) by J. Wayne Fears and Pro Tool Industries. This is a strong knife that is easy to sharpen. It is a nice size, convenient to carry, and it can face many of the tasks that you will encounter. It's 9 ¾ inches long and very durable. It also has a bright orange handle which makes it easy to locate, and that is great in an emergency. Whether you're digging, making a shelter, prying, making a fire or cleaning game, this knife can handle it all.



There are also many other more specific tools that would help in an emergency, but all I would worry about for the beginning is a gun or two and a great quality survival knife.

Check out more tools and knives [here](#)!

Chapter Eight: The Preparedness Movement

If you're reading this and thinking that you're the only one who wants to prepare, you are dead wrong. Throughout America, people all over are beginning to see the importance of preparedness, people are learning not to rely so much on the government, and people are learning about the risks of emergencies. Sometimes these lessons are learned the hard way. Sometimes people are forced into this mindset, but this group of people is growing rapidly.

Well, are there people out there who don't understand it and even think of preparedness as a joke? Absolutely. These people have clearly never seen the risks either. But yes, there are some people out there that are so set on relying on others for what they need that they wouldn't even take the time to consider storing some food.

But we are different. We know this importance and fully acknowledge and embrace it. It is something that lives beside us or in the backs of our minds. Preparedness

is definitely a mindset and if you're with it, if you're with all of us, then you're better off.

There may be people all around you that prepare but never show it. Many people take preparedness as a very secretive operation and don't want the world to find out. Some people stay so far off of the radar that no one knows they have a single extra meal in their house. Some will even buy these large quantities of food in cash, in person just to stay off the map. They don't want a single trace of evidence leading back to them and their supplies.

They do this incase things ever do get to a point where there is civil unrest and lawlessness. If people are out starving and looking for food you might not want everyone to know you have a years worth in your basement. What would you do to feed your family if they were starving? Things could get pretty ugly pretty fast if no one has food. People could pose a real threat to you if they come knocking, asking to have your food.

Back to this preparedness movement, with everyone starting to prepare, it seems like it would be a good idea. Getting in with this community would be extremely helpful too, but how do you start? How do you find people around you that are very secretive?

It's not so much about finding these people, although you can and that is a great thing to do. We'll get into that in a little. What you want to start with is getting people on your side with this. Convince people close to you that preparedness is necessary and that they should hop onboard too. A great way to do this is to show them the risks. They are pretty scary and motivate people to get going.

So where do you start with building your community? The first step is to talk to your immediate family. This will always be a great first place to start and will give you a group of people that you are comfortable with and can talk to easily. Get them onboard and make sure they believe that it is a good idea to prepare. This is an idea worth passing on to your kids.

What if your family doesn't see the need to prepare? What if they just don't think that it is important enough to spend the time and money on. You may have to sit them down and really show them everything that you know and really explain to them what it is that you're worried about. It is something worth fighting for if you need to.

The next step is branching out to some of your relatives, with the help of your family on your side. These people may also need some convincing but it is always worth a shot. Some of your older relatives might be more open to these ideas. Self reliance and preparedness were much more accepted and common ideas throughout time until recently, but it is coming back for sure. It is very likely that grandparents in your family were self reliant and prepared when they were growing up.



Back to finding others who are already preparing. So how can you even do it? There are forums and blogs where people talk and share information. Reading blogs and forums will also help educate you greatly. There is so much information out there and so much to be learned. It is definitely worth your time to follow some of the major preparedness blogs. Some of these blogs include SHTFplan.com, TheSurvivalistBlog.net, TheSurvivalMom.com, TheEconomicCollapseBlog.com, and EndOfTheAmericanDream.com. There are others, but these are great and have very good articles that are always worth sharing. These are also great resources to help people understand why they should prepare.

Another way to find other preppers is through a website called MeetUp.com. You can search for whatever kind of group meetings you want and it shows you what is in your area. You can search for survival groups and many different options come up. If there are no upcoming meets in your area you can set it to tell you when there are. This is a great tool to meet new people with the same interests as you and can be used for other activities as well.

Building your preparedness community is definitely a do-able task. It might involve a little bit of good, old fashioned hard work, but it would be worth it. With this group you could share ideas, plan for emergencies, even stockpile items together and have a bug out location.

This goes on to the next point, bug out locations and shelters. Where do you go if you need to evacuate your home or if things are really starting to get bad? You could just go to a family member's house if your home got flooded or your power is out or some other little problem, but what if they're having the same problem?

Many serious preppers will often buy land and even a second home somewhere else. If you do need to bug out, you will have a solid place to go. These bug out locations are as far away from any civilization as possible. Places like the mountains, deserts, the

plains, or anywhere else in the middle of nowhere. Some people even will take it so far as to leave the country and live in some little fishing village on the other side of the world. The people who do this have devoted their whole life to prepping and are one hundred percent serious about it too.

People will often build shelters at the locations. Things like bunkers, bomb shelters, and watchtowers are a little extreme, but people definitely will keep much of their storage there. It would be especially smart to have supplies at both locations, there and at home.

This is definitely not a first step, but it might be something to consider in the future. It sure would be nice having that peace of mind, knowing you have somewhere to go. It's just all about planning. Planning where to go and what to do.

Even if you don't have another place to go, you do need to start planning. Plan for certain emergencies and what you would do in different scenarios. Think about who would be with you, how many people, and how you would provide for them. Emergency preparedness is not just stocking up on food, but knowing what to do when an emergency strikes. Just be prepared.

Chapter Nine: Knowledge & Training

Like I said before, emergency preparedness isn't all about storing food and water, it's about knowing what to do and being ready for anything. If you don't know what to do in different situations you won't last very long. You need the knowledge, the training, and even the practice of different skills to be prepared.

What's the point of having supplies if you don't know what to do with them? What's the point of having canned food storage if you don't know to rotate it? What's the point of having a water filter if you don't know how to use it? Yes, all of these examples are common sense things, but it is a really problem.

Some other things do need more practice and knowledge however. Do you know exactly how to make meals from scratch, shoot a gun accurately and consistently, have the skills of an outdoorsman and know how to catch your own food? There are countless numbers of different skills that you can have and it would be wise to at least learn a little of each of them.

Very good skills to have are outdoor survival skills. Things that you would use on a camping, hiking, or fishing trip, skills you would need if you were lost in the wilderness. Things like making fires, finding or building shelter, hunting and fishing, and harvesting, cooking, and cleaning food all could mean life or death at some point. These skills are not too hard to get the basic understandings of.

By no means do you have to be a master at anything. You just need to know what you are doing enough to survive. Survival doesn't mean perfection and just getting by works. As long as you have a basic understanding of different things and are a well-rounded person, you will be much better off. The University of [YouTube.com](https://www.youtube.com) will teach you just about anything you want to know.



Be sure to pass on your knowledge and things that you know to your community and group. Share ideas with them, plan, and learn from them. They can help you and other people will definitely know things that you don't. Teach your children valuable skills and imprint the ideas of preparedness on them early so they will grow up knowing it and being familiar with it. Don't overload them and make them crazy, but make sure that they realize the importance of emergency preparedness.

Go out to the gun range and practice, go on camping trips where you are cut off from the world, use some of your stored food. Get a sense for how life would be if you ever needed to use your preps. Make sure you have practice with everything you are preparing for, so when the time comes you will know what to do. If you know what you're doing it will be much easier to stay calm and in control. If you have never done something before you may start to panic, and panic leads to failure.

Knowledge and training are just another form of preparation, and in the ultimate quest to be prepared, this is something that cannot be overlooked. Know what you are doing. Know how to survive.

Chapter Ten: How to Get Started

Now you know much of what emergency preparedness is about. It might seem a little overwhelming to you, and if it does, that's perfectly normal. There are endless numbers of things that you can do to prepare. Infinite possibilities of ways you can do things. It would be weird if this wasn't overwhelming to you.

I guess if you're very wealthy it would be extremely easy. Simply go out and buy the latest and greatest products and the best bug out location and really do everything right. However, for many people in America, this is not the case. Many people have to spend their hard earned money and figure out the most cost effective ways to go about prepping.

So how do you begin preparing with all of the options out there? There might seem like so many things that you can do. You might be worried if you will do the right thing or if it's not enough. Where do you really start?

Well the truth is that anything is better than nothing. Just get into it and start taking action, you're sure to fail if you don't even try. If you can afford some of the great products mentioned before, then do that, as they are some of the very best options for you. (We will also provide a list of the mentioned products at the end of the book.)

But if those products are out of your price range, start adding a couple extra cans of food every time you're at the food store. Get some extra toilet paper and paper towels, some toothpaste and matches. Start picking up some inexpensive, everyday items when you're out. Get them even if you already have a bunch of it.

Once you get things rolling you will want to think of a more definite plan. What do you really want to prepare for? Think of the timeframe, how long you should prepare for, and how many people you will be preparing for. This all determines how much of everything you will need.

Next, start to think about what you will be preparing for. Will it be a tornado, an earthquake, a natural disaster, a manmade emergency, an economic collapse, or what? These are things you will need to think about because the supplies you will need for an economic collapse are much, much different than what you would need for a two-week power outage in your town. This might require some serious thought but it will give you much more direction.

With the amounts and what you want to prepare for covered, you really need to analyze your thoughts to see if you're a die-hard prepper or just some average person concerned about how things are. This will also drastically affect your preps and purchases. If you are just casually doing this and you only have some minor concerns about emergencies, you probably won't be buying 20 pallets of canned water or year supplies of food for your entire neighborhood. You would likely be sticking to some of the smaller products and regularly stocking up at the grocery store. There is nothing wrong with this.

If you truly are serious about emergency preparedness, you might view it as more

of a way of life. You might be much more willing to spend large amounts of money on supplies and it might be something you think about all of the time. You might actually be looking into some bunker in the hills or have a years worth of food already. No matter how you are, there is one great method for preparing.

Gradually building up your preps is the most reasonable and cost effective way to do things. It also gets you moving as fast as possible so you don't waste any time being unprepared. You would want to start off being prepared for short timeframes and gradually build up so you can be self-reliant for longer and longer times.

Obviously the longer you are prepared for, the better. If you can go out and buy thousands of dollars worth of things, then do it. Spending money on emergency preparedness is always a wise investment for you and your family and knowing that you have those preps gives you a great peace of mind. You will feel safer and less scared if you're prepared.

For the many people who can't go out and buy a bunch of stuff at the start, we have a system for you. This system of preparing gets you to get ready for certain lengths, one step at a time. This system is called the Survival Staircase and with it you will start out being prepared for days and end up being prepared for six months or more.

Step One: One to three days.

This could be a short-term power outage, a snowstorm, a fire or flood, or something else where you would need to evacuate your home or be stuck inside. Basically you want to have the necessary items that could get you and your family through a three day period. You will need to be ready to be stuck inside of your house and also be ready to get up and leave at any second. Some items that you would need include food, water, first-aid, and sanitation.

Step Two: One to four weeks.

Larger power outages, small runs on food stores, and local or regional natural disasters, along with other things, can all be a one to four week emergency. Here you will still have the same priorities as in step one, but you want to include more of everything. Make sure you have warmth and shelter, food and water, and first-aid and sanitation.

Step Three: One to three months.

Some emergencies that may last this long are food shortages, riots, strikes, trucking strikes, fuel shortages, and more major natural disasters among with other things. Here you should be worried about having longer term, replenishable water storage, capturing water and filtering it, and more food storage. You should also start

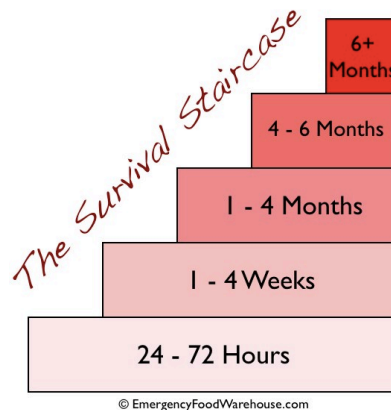
looking into home security because if the people around you aren't prepared, they might be coming to you. You obviously just want to keep adding onto what you have as well.

Step Four: Four to six months.

Here you have the exact same priorities, but on a much bigger scale. You will want more food, water, and everything else, but you will want to be able to replenish your food supplies. Here is where you really start becoming self-reliant. Fishing, hunting, gathering, and growing your own food are all great ways to restock, but these all need skills in order for you to do them. Practice and training may be required, but this is also just another aspect of being prepared.

Step Five: More than six months.

This would be if a major natural or manmade disaster affected your entire country. You can't go anywhere to escape it and you need to deal with it for very extended periods of time. In this time, you would need to have the resources and knowledge, skills, and abilities to be self-sufficient forever. If you can do it for six months to a year, you should be able to rely on yourself for a lifetime.



This process isn't intended to give you step-by-step instructions on how to go about preparing, but instead give you some idea of what to do. The main goal of this is to really get you started. The [Basic Starter Package](#) is a great option to get you started and cover step one for the food and water. With this and some basic supplies you will be good for three days easily. You have to start somewhere and you might as well do it now.

In this book we really tried to make emergency preparedness simple for you and we hope that this goal was achieved. Now you have the basic understandings of what to do and how to get the show on the road. It is completely up to you whether or not you will join the preparedness movement and get ready for whatever comes your way. Just remember, a start is something and it sure is better than nothing. Start preparing now.



Bonus Checklists

In this section we have three checklists to help make emergency preparedness even simpler. They are all somewhat similar, but all are different. We have the Evacuation Checklist, the Important Documents Checklist, and the Survival Kit / B.O.B. Checklist.



1. Evacuation Checklist

What exactly do you need to take with you if you need to leave home in a rush? A disaster is coming your way and you need to get out before it hits, or something has already happened and the world is falling apart around you and you need to get to somewhere safer. What would you bring with you? Many people don't even know where to start. Here is a checklist of what you need to bring if you need to get out quickly:

Survival Kit/ Bug Out Bag

- This is all covered in detail in our “What You Need In Your Bag Checklist” but you basically need the essentials to survive.
- Water - Water storage as well as filters.
- Food - Ideally enough to last you for at least 3 days.
- Clothes - Staying warm is a top priority.
- Shelter - You need sleep, without it you can't think or act as well.
- First-Aid - Just the basics to help patch up some injuries.
- Weapons - Lethal and non-lethal weapons for protection and hunting.
- Others - General supplies for cooking, fire making, lighting, hunting/ fishing, etc.
- A Survival Knife - The most important and useful tool that you can have.

Important Documents

- This is also covered in our “Important Documents Checklist”. Make sure you have all of the paperwork you may need for you and your family.
- Identification
- Insurance Information
- Legal Documents
- Any Important Contacts
- Medical Records and Information
- Family & Pet Information
- Copies! - Have a backup in a safe place in case anything happens to the originals.

Weapons

- Guns
- Ammo
- Non-Lethal Protection

Electronics

- Walkie Talkies (cellular service may go down)
- Camera - It might be a good idea to document some of what is going on to try to share with the outside world.
- Laptop - Keep up to date on news and what is happening.
- Cell Phone

Food

- You should have at least 3 days of food in your B.O.B.
- Load up whatever extra food you can carry.
- Hopefully you have stored food in your house so it is easily accessible.
- Have a plan for when your food runs out (Hunting, fishing, growing.)

Water

- Water Storage Containers
- Water Filters
- Bring as much water as you can carry. This is more important than food.
- Make sure your water containers are easy to carry with you and can be easily refilled.
- Water filters should work easily and provide good, clean water.

Children

- Make sure you have enough of the above supplies to support you AND your children.
- Also think about bringing some form of entertainment for young children, because there will be a lot of sitting around.

Pets

- If you are going to bring any pets with you, make sure you have food and water for them too.

2. Important Documents Checklist

First and foremost, when preparing for an emergency you need to gather all of your important documents and store them in a safe place. All of these documents should be photocopied or digitally copied with a scanner or a camera. You should always have a backup of everything you may need. Documents are also very valuable so make sure they are in a safe place! Here is a list of everything you should have:

Identification

- Passports
- Birth Certificates
- Drivers Licenses
- Social Security Cards

Insurance Information

- Homeowner's Insurance - If you own your home
- Rental Insurance - If you rent
- Auto Insurance, Title, and Registration
- Medical Insurance
- Life Insurance

Legal Documents

- Home Info - Mortgage, Deed, Rental Agreement, Etc.
- Account Numbers - Banks & Credit Cards
- Licenses, Certifications, and Degrees
- Wills - For yourself and loved ones
- Property Tax Statement
- Utility Statements

Important Contacts

- Any important phone numbers or email contacts that you might need to know.
(This list doesn't need to be huge, just the important ones.)

Medical

- Medical Records
- Doctor Contact Info
- Prescriptions

Family & Pets

- Children's School Info
- Pet Registration & Vaccinations
- Family Photos - To prove you're a family

3. Survival Kit / B.O.B. Checklist

There are many different types of survival kits. You can basically make one for whatever emergency scenario that you can think of. However, this is simply unnecessary. You really only need one bag with all of the major, needed items to last for about three days, for when you need to bug out. Here is a list of ideal items to have in your bag, ready to go:

Water

- You need at least a liter per day so be sure to have at least three liters of water.
- Water Containers - Water bottles work well along with any other type of container you can find that won't take up too much space.
- Water Filters - The HTI Home Emergency Kit contains excellent, compact water filters that would be great in any Bug Out Bag.

Food

- Food is not as important to survival as water, but without it, you cannot make proper decisions or react as well. Make sure you have at least three days worth of food.
- The Wise Food Storage 72 Hour Emergency Food Kit is a great choice for freeze dried meals that are easy to make and compact enough to fit into your bag.
- Energy/ Protein Bars - These take up almost no room and are a good source of nutrition.
- Longer Term Food - Your Bug Out Bag will only last you for so long and you will need something to fall back on.

Clothes

- You need to have the basics of what you would take for a weekend hiking or outdoor trip.
- Boots or hiking shoes - your feet are very important, protect them well.
- Long Pants - preferably cargo pants with many pockets.
- 2 Pairs of Socks - wool socks are especially good when it is cold.
- 2 Shirts - one long sleeved and one short, maybe for layering.

- A Warm, Weatherproof Jacket
- Long Underwear - being cold is one of the worst things during survival.
- A Hat & Bandana - there can be many different uses for these, they come in handy.

Shelter

- You need sleep. Without it, you can't think or act as well. If you're going to be outside for a few days you will need somewhere to do this.
- A Tent or Tarp - these will protect you from the elements and give you somewhere to get some rest.
- A Way to Set it Up - the shelter is useless if it's not covering you properly.
- A Good Sleeping Bag - it gets cold at night and this will protect you from nature as well.

First-Aid

- First-Aid kits can be huge but you only need some core things to help patch up some minor injuries.
- A great product is the Wise Food Deluxe Survival Kit. This includes many very useful first-aid supplies along with food, water, and other useful items. It's not meant to be a complete Bug Out Bag, but it is very good for a couple of days.
- There are many simple little things that you can use for first-aid as well, but any general first-aid kit should do the job.

Weapons

- Who knows what's going to happen if things get really bad? Many people will very likely disregard the laws, and you should have some form of protection.
- Lethal Weapons - Guns. Anything is better than nothing. You might not be as armed as some others, but you will be better than many for sure. A gun can also greatly help with catching dinner.
- Non-Lethal Weapons - Things like tasers or pepper spray are great to deter attackers for long enough for you to escape. They would be a great addition to your bag.

Other

- This includes supplies from cooking, fire making, lights, weather protection and anything else that will help you survive.
- One thing everyone needs in their survival kit is a survival knife. There are endless uses for this and it is just something that you will need.

Recommended Products

These are all products that we know, use, and sell at EmergencyFoodWarehouse. We have done the research to see what works and what doesn't so you don't have to. You should be able to trust your preps with your life and we can honestly say that these products meet our very high standards.

Emergency Food:

[Wise Food](#)

[Survival Cave Food](#)

[Food Supply Depot](#)

Water Storage:

[WaterBrick Water Storage Containers](#)

[Sure Water Tanks](#)

[World Grocer Canned Water](#)

Water Filters:

[Berkey](#)

[HTI Water](#)

[AquaPail](#)

Seeds:

[Heirloom Organics Non-Hybrid Seeds](#)

Survival Gear:

[Pro Tool Industries Knives and Tools](#)

[Humless Solar Generators](#)

[Solo Stove Wood Burning Camp Stove](#)

[InstaFire Fire Starter](#)

[SOC Bags and Gear Packs](#)

Resources

[EmergencyFoodWarehouse.com](#)

[EmergencyFoodWarehouse Blog](#)

[SHTFplan.com](#)

[TheSurvivalistBlog.net](#)

[TheSurvivalMom.com](#)

[TheEconomicCollapseBlog.com](#)

[EndOfTheAmericanDream.com](#)

*This book was written from the thoughts and ideas of the founder and the staff of
EmergencyFoodWarehouse.com.*

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